Buddhist Worship and Beliefs

Three Key Questions

Who was Buddha and why is he important to Buddhists today?	What are the core beliefs and teachings of Buddhism?	What are the Four Noble Truths and the Eightfold Path?

Vocabulary

Buddha	Buddha is not a divine being but a human.
Enlightenment (or Nirvana)	A true understanding of the self and of life which can be achieved through the development of morality, meditation and wisdom.
Morality	Understanding right from wrong
Precept	A precept is a rule by which people think and behave.
Dukkha	Nothing in life is perfect.
Anicca	Everything in life is constantly changing.
Anatta	There is no soul.Buddha believed that,each person has a life force, or karma
Karma	Karma is created from a person's actions during their life -these can be good or bad.

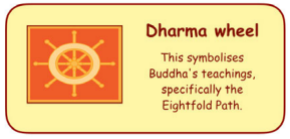
Important Symbols and Key Facts

Buddhism

Buddhism is one of the world's largest religions. It was founded by Siddartha Gautama in north-eastern India in the 5th century BC (2,500 years ago). Buddhism is one of the world's largest religions and originated 2,500 years ago in India. Buddhists believe that human life is one of suffering, and that meditation, spiritual and physical labor, and good behaviour are the ways to achieve enlightenment, or nirvana.

The Eight Auspicious Symbols.

These help to remind Buddhists of the different aspects of Buddha's teachings.(Auspicious means 'lucky' or 'successful'.)



We Are Learning To…				
… understand that Buddhists do not worship a 'higher power' but a man who managed to achieve enlightenment.)	… explore how Buddhists believe that suffering is part of life. Suffering can be physical, such as pain and disease. It can also be mental, such as boredom and dissatisfaction. Wherever you go in life, and whatever you do, there will always be things that you don't like.	… explore Buddhist Symbols which remind Buddhists of the different aspects of Buddha's teachings.	… explore the theme of life, death and rebirth which can only be broken by achieving Enlightenment.	… explore the Five Precepts: • Do not speak untruly • Do not take the life of any living being • Do not take what is not freely given • Do not indulge the senses or • desires • Do not consume drugs or alcohol

Fun Facts

The Buddhist holy book is called the **Tripitaka**. The word Tripitaka means 'Triple Basket'. The book contains three volumes called: Vinaya Pitaka, Sutra Piṭaka, and Abhidhamma Pitaka. The three volumes contain the teachings of Buddha, this is called Dharma. The **Vinaya Piṭaka** is the monastic code. It focuses on the rules and regulations, or the morals and ethics, of monastic life. The **Sutras Piṭaka** are the beliefs and teachings in a story format. The **Abhidhamma Pitaka** is a detailed analysis and summary of the Buddha's teachings.